

Issaquah Senior Center

Activity Calendar



CITY OF
ISSAQUAH
WASHINGTON

August 2017

Questions? Give us a call (425) 392-2381
or visit us online at issaquahwa.gov/seniors

Monday	Tuesday	Wednesday	Thursday	Friday
	Panera Delivery 9:00 AM			
Tai Chi (Drop In) 9:00 AM	Mahjong 9:00 AM		Hand and Foot Card Game 9:00 AM	
Intermediate S.A.I.L. Fitness Class 10:30 AM		Intermediate S.A.I.L. Fitness Class 9:30 AM		Intermediate S.A.I.L. Fitness Class 9:30 AM
Intermediate Bridge 10:55 AM		Intermediate Bridge 10:55 AM	artEAST Acrylic Painting 11:00 AM	
Coffee Talk 11:00 AM	Let's Talk About It 11:00 AM	Beginning S.A.I.L. Fitness Class 11:00 AM	Happy Hookers Knitting 11:00 AM	Beginning S.A.I.L. Fitness Class 11:00 AM
	CCS Lunch 12:00 PM	Mindfulness Meditation Class 12:00 PM		CCS Lunch 12:00 PM
	Pinochle 1:00 PM	Book Group 1:00 PM (1st & 3rd Wednesday of month)		Pinochle 1:00 PM
Yoga 1:15 PM	Matinee Movie 1:30 PM (2nd & 4th Tuesday of month)		Yoga 1:15 PM	
Chair Yoga 2:45 PM			Tech Help 2:00-4:00 PM	
Hours of Operation: M-F 8:30 AM-4:00 PM		Activity Night 5:30-9:00 PM	CLOSED Saturday & Sunday	

Upcoming Activities and Events

Tuesday, August 8—**Bingo** 10:30 AM
Friday, August 11th—**Trip Planning Committee** 1:00 PM
August 29th—**KCLS Tech Help** 1:30 PM

KCLS Tech Help

On Tuesday, August 29th two staff from the Issaquah Library will be at the Senior Center providing technology help. You can bring in your own devices or use the computers at the Senior Center. This help is by appointment only, and space is limited! Appointments are available at 1:30, 2:00 and 2:30 PM. Sign-up at the front desk today!

Senior Center 2017 Task Force:

Objectives:

Provide advice on the Senior Center's day-to-day operations.
Provide advice on the Senior Center's long-term operating model.

Meetings are Tuesdays at 4:00 pm at the Senior Center, and are open to the public.

Fitness Classes

INTERMEDIATE S.A.I.L. (*Stay Active & Independent for Life*)

Exercise to stay fit. This class will include exercises to improve balance, flexibility, and strength. Exercises are customized for all fitness levels and needs.

MONDAY **10:30—11:30 AM**, WEDNESDAY & FRIDAY **9:30—10:30 AM**

Fee: \$50.00/10 classes

Instructor: *Barbara Scott*

No Intermediate S.A.I.L Class on August 14th, 16th and 18th

BEGINNING S.A.I.L. (*Stay Active & Independent for Life*)

This class is designed to include movement and stretching that increases the heart rate while maintaining your stability. Most exercises can be done in chairs while targeting resistance training and balance for fall prevention.

WEDNESDAY & FRIDAY **11:00—12:00 PM**

Fee: \$50.00/10 classes

Instructor: *Barbara Scott*

No Beginning S.A.I.L Class on August 16th and 18th

YOGA

Yoga Alliance certified instructor Barbara Stevenson uses the Viniyoga approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

MONDAY & THURSDAY **1:15—2:30 PM**

Fee: \$8.00/class

Instructor: *Barbara Stevenson*

CHAIR YOGA

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and well-being. No getting on the floor or trying to become a pretzel. Reduce stress and try this ancient wellness practice.

MONDAY **2:45—3:45 PM**

Fee: \$7.00/class

Instructor: *Barbara Stevenson*

No Chair Yoga class on August 14th

Tech Help

with Michelle Winterstein

Bring all your computer and technology related questions—she can help!
From computers to cell phones, tablets and cameras, bring yours or get help
using the computers at the senior center. **THURSDAY 2:00-4:00 PM**

Group Classes

MINDFULNESS MEDITATION *Fee: \$6.00/session*

This group will meet weekly to learn basic techniques for mindfulness meditation. All the classes will be guided to follow scientifically proven techniques to reduce stress, promote health and mental resilience.

WEDNESDAY AUGUST 2ND, 9TH, AND 16TH 12:00-12:50 PM

METRO with Dave

Interested in learning about using King County Metro and the Orca Pass? Join former Metro driver Dave Waggoner on guided trips around the area.

Contact Dave for more information: davids_waggoner@msn.com, (425) 221-2503

ACRYLIC PAINTING with artEAST

Please register at the Front Desk ~ Fee: \$45.00 course fee + \$5.00 supply fee

Our fellow Senior Center member Pamela Poirier will be teaching a special acrylic paint class. In this class you will be painting landscapes of sunflowers, Mt. Rainier, Tuscany and a Light-house sailboat scene. Come join us on Thursdays to gather our creative minds and craft beautiful pieces of artwork with guidance from our amazing art teacher.

THURSDAYS 11:00 AM-12:30 PM BEGINNING AUGUST 3rd

Lunch Menu

Catholic Community Services serves lunch at the Senior Center every Tuesday and Friday at noon. Those coming for lunch need to be signed in and seated by 12pm. Limited space is available. Exact cash only, we cannot offer change.

Suggested donation: \$3 for adults 60 and older, \$6 required for anyone else.

Tuesday, August 1st

Dill Fish, Pasta Salad, Sugar Cookie, Mandarin Oranges

Friday, August 4th

BBQ Beef Sandwich, Baked Potato, Peas and Carrots, Pears

Tuesday, August 8th

Tuna Noodle Casserole, Green Beans, Garlic Bread, Carrot Raisin Salad

Friday, August 11th

Pork Chop, Mashed Potatoes and Gravy, Spinach, Roll, Mandarin Oranges

Tuesday August 15th

Orange Glazed Fish, Rice Pilaf, Asparagus, Dinner roll, Oranges

Friday August 18th

Pineapple Chicken, brown rice, peas, pineapple chunks, roll, fortune cookie

Tuesday, August 22nd

Taco Salad, Banana, Chocolate pudding, apple juice

Friday, August 25th

Salmon Filet, Green Salad, Wild Rice, Broccoli, Wheat Roll, Peaches

Tuesday August 29th

BBQ Chicken, Macaroni Salad, Baby Carrots, Roll, Apple Slices

ATTENTION: If you would like to continue receiving your newsletter in the mail, please sign up with the front desk. There will be \$5 mailing fee for the remainder of the year. Newsletters will also be available at the front desk free of charge.

Activity Night at the Senior Center

Join us every Wednesday from 5:30-9:00 PM for a variety of games and activities with other Senior Center members!

Driftwood Sculpture Class

6:00-8:30 PM

Bring out the beauty in found wood from the beach, lakes and even your own backyard. Join a class today and become the artist you never knew you were. Tools will be provided.

Fee: \$5.00 drop-in Beginner Kits: \$8.00

Issaquah Amateur Radio Club

7:15-9:00 PM

The Issaquah Amateur Radio Club (IARC) is a group of Amateur Radio Operators (HAMs) who meet the first Wednesday of each month at the Senior Center. They discuss what's happening in the HAM Radio world, and often a program presentation and more discussion. The club meets in the side room with the door closed, but the meeting is open to the public and anyone who may be interested or curious about HAM radio. Stop by and visit some time. If you have any questions contact John KA7TTY at 206-276-6759.

Movie Night

5:45-8:00 PM

Come watch and discuss movies in the Senior Center library. Each week will feature a different film, with the August schedule listed below.

Movie Schedule:

August 2nd: Avatar August 9th: The Guardian August 16th: Night at the Museum

August 23rd: Open Range August 30th: Stand and Deliver

Trips

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings in the area. Sign up in person, online, or over the phone today!

- Please arrive 15 min before the trip leaves.
- Vans are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.
- Trips must have a minimum of 8 participants to run.

Thursday, 8/3	Turner Joy	9:00 AM-4:00 PM
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Come join us on our tour of the USS Turner Joy that has been restored from its time in the Vietnam War. It was built in 1895 in the Puget Sound and is now located in Bremerton. Please wear flat-soled or rubberized-soled shoes. While the outdoor tour route is covered with a non-skid material, some parts can still be slippery, so be careful. Recommended dress is shorts, loose slacks or pants for everyone – and LAYERS – our ship can be cold! Do keep both hands free for 70° ladder climbing. Lunch at Anthony's Homeport (\$\$)

Transportation + Admission Fee: \$45

Wednesday, 8/16	Soos Creek Garden	11:30 AM-4:30 PM
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Join our Docents for a free tour of the many rare, unusual and stunning trees found at SCBG. Many are unique with stories of their own, such as the Franklinia, Dove tree, Umbrella Pine, Banana tree, Lion's Head Maple, Dawn Redwood, and Aptos Blue Sequoia. Meet at the Garden Welcome Arch adjoining the parking lot. Bring a bottle of water and wear your walking shoes for this 75-90 minute tour. Lunch after tour at Applebee's. (\$\$)

Transportation Fee: \$13

Monday, 8/21	Lunch Bunch—Chuckanut Manor	10:00 AM-4:00 PM
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The Chuckanut Manor is a historic restaurant on the famous Chuckanut Drive located in Bow, Washington. It has a variety of fresh seafood and grilled options and is located with beautiful scenic views. This historic restaurant is the perfect end to your week. Group will be driving up 1-5 and coming home via the scenic Cuchanutt Drive!

Transportation Fee: \$20

Thursday, 8/24	Crystal Mountain Gondola	8:30 AM-3:30 PM
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Located in Enumclaw the Crystal Mountain gondola rides climb over 2,000 feet vertically over the beautiful mountain. The Gondola provides a stunning opportunity to see the beautiful mountain covered in meadows of wildflowers and enjoy the beautiful summer weather in Washington. Lunch at Summit House Restaurant at the top of the Mountain

Transportation Fee + Gondola Ride: \$55

Thursday, 8/31	Red Wind Casino	9:30 AM-5:00 PM
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Transportation is provided by the Casino. Must have 18 people to run the trip so bring a friend! All participants will get 20% off there meal at any of the restaurants and cafes!

Transportation Fee: \$FREE

Please bring money for lunch and admission, which will be paid at the destination.

A transportation fee is required at the time of registration. Fees are based on staff time, mileage, parking, and any other trip expenses.

We are unable to refund fees less than \$10. Fees over \$10 will be subject to a \$10 withdrawal fee. In the event of a cancellation, transportation fees may be applied to other trips five business days or more prior to the scheduled trip.

SPECIAL EVENTS and ACTIVITIES

Monday, August 7th 12:00-1:30pm Issaquah 'Downsizing' with Juli Anne Tips on organization, planning, and resources in making it easier

Monday, August 21st 12:00-1:30pm Issaquah 'Aging in Place Your Way' RE55+ & Serengeti This class is geared toward seniors (and their families) to help them stay safe at home. We review information on: Are they a good candidate to Age in Place? Is Aging in Place what they REALLY want? (We take them through an exercise that asks them what they want as they get older. Do they want to clean and cook for themselves? Are they able to? What about driving? Are they able to? How about ADLs, etc.) If so, how do they stay safe? We review simple modifications for the bathroom and other areas in the house. We talk about floor plans on how to keep a home safe, by removing clutter. We also talk about Fall Prevention- which is so incredibly important.

Photography Class and Photo Walk with Julia Learn the basics of photograph and go on a brief photo walk around the park. Please bring a camera or camera phone. Dates and times are as follows:

Wednesday, August 2nd, 2-3pm

Wednesday, August 9th, 2-3pm

Wednesday, August 16th, 2-3pm

Wednesday, August 23rd, 2-3pm

Metro Transit Instruction at Issaquah Senior Center The Metro Transit Instruction program works with senior citizens and individuals with a disability to learn to ride public transportation in King County. Your program at the Issaquah Senior Center consists of two parts which are explained below:

Part One - Instruction Learn to safely and confidently travel on public transportation. During the in-house PowerPoint presentation, time will be focused on how to ride the Metro bus. Subjects such as paying the fare, what information is at a bus stop, where is the bus stop, communicating with the bus driver, exiting at the right stop, problem solving and much more. During the presentation, a discuss on the destination for the escorted community instructional outing will occur; which is usually scheduled for a different day. Attendance to the workshop is a prerequisite for going on the community instructional outing.

Day/Date: Friday August 4, 2017

Time: 1:20pm

Free

Part Two - Community Based Instructional Outing This is your chance to practice, what you learned during the presentation. The escorted instructional outing will help you build confidence by using your new skills while traveling on the Metro buses. The in-house presentation on Friday August 4, 2017 is a prerequisite to going on the community instructional outing. There is a minimum group size of 5 and a maximum of 13 individuals for each instructional outing: more outing dates will be added if needed. During the instructional outing, Metro pays all transportation cost.

Day/Date: Monday August 7, 2017

Time: 10:00am

Destination: TBD

Free: Metro pays the bus fare

Fraud Prevention-

Put on by AARP August 15th at 1:00

Walking Group Everyone is welcome! Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or Shine, please wear good walking shoes. Meet at the Senior Center every Thursday at 2pm. Walks will be on flat and paved paths around our beautiful downtown!

Call to Volunteers We are currently looking for volunteers for the following "positions":

Walking Group Leaders

Back up person to do the Monday night Panera Bread pick up

Reminder! The Senior Center accepts the following forms of payment: **Cash, Check, Visa or MasterCard**—Credit cards accepted over the phone

SPECIAL EVENTS and ACTIVITIES continued

Art Walk @ the Senior Center

Calling all artists, 55+! You are invited to exhibit your artwork at the Issaquah Senior Center in September 2017!

The Senior Artists Exhibition will take place Friday, September 8, 6:00-9:00pm during Downtown Issaquah Association's September ArtWalk. The goal is to feature the talent and individual expression of Issaquah's senior artists.

Submissions:

Up to two entries will be accepted per artist. Artistic media can include (but not limited to) oil, acrylic, watercolor, charcoal, pastel, pencil, ink, crayon, print work, photography, textiles, clay, glass, wood and metal.

Paintings, drawings, prints and photographs should not exceed 24"x36" and must be matted or mounted on foam board or other rigid board for ease of display. We request that framing not include glass.

Three-dimensional pieces should not exceed 14" in height and should include a mount or be able to sit without a mount.

Submit your artwork July 21—August 31 at the Issaquah Senior Center (75 NE Creek Way, Issaquah, WA 98027).

Work will be available for pick up at the Senior Center following the exhibition through September 18th.

Senior Center Information

Senior Center Access

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs.

Scholarships

Scholarships are generously funded by individual, corporation and community group donations. To receive a recreation scholarship or discount, applicants must meet the City's income eligibility requirements and live in Issaquah. Each calendar year, the maximum scholarship rewards are \$350 per participant and \$600 per family. Scholarships are available at 100 percent, 75 percent and 50 percent of program fees. To apply, go to issaquahwa.gov/scholarships.

Meals on Wheels

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call 206-448-5767.

Donations

The senior center is currently looking for gently used dish towels and puzzles. Bring any donations to the front desk.